



surge

Smoothie Menu

All \$6

The master

Payaya, strawberry, banana, honey, low fat yoghurt & fresh orange juice

Rich in Vitamin A, B complex, C & E

The 'Master' of all smoothies

Beat the rush

Muesli, milk, berries & honey

High in fibre, calcium, protein with vitamin C &

antioxidants. Kick start your metabolism, giving you a warm glow inside

Cardio assist

Blueberry, raspberry, banana & fresh apple juice

Rich in vitamin A and potassium, also contains iron & vitamins B & C. Helps to lower cholesterol, enhance your metabolism & maintain a healthy ticker!

Melon elixir

Melon, strawberry, mango & fresh apple juice

Loaded with beta-carotene, high in vitamin A, also B & C as well as potassium. Created for total well-being!

Flu fighter

Kiwi fruit, banana, pineapple, yoghurt & fresh apple juice

This full combat smoothie will summon your body's defenses, also packs a mighty punch!